

community  
partner  
support guide



# headspace day 2025

thursday 9 October

## what is headspace day?

**Mark your calendars for headspace day on Thursday 9 October 2025. This annual event is all about promoting mental health and wellbeing for young Australians.**

Our aim? To get you - community organisations, schools, and local clubs - actively promoting youth mental health, wellbeing and the everyday self-care activities that young people and their families can take to support their own mental wellbeing.

**Join us in making a real difference through local events and digital engagement. Together, let's make youth mental health something to talk about!**

## Our headspace day theme is **make space.**

**This headspace day, we want to talk about making space for what matters to young people. It's not about doing more, it's changing the ways we do things and being creative with our time.**

We need to make space for things that support our mental health and wellbeing. Whether that's planning to take a moment to ourselves or engaging in meaningful activities that make you feel good, the message is the same: our mental health and wellbeing matters enough to make space for it.

For ideas on how to make space visit [headspace.org.au/makespace](https://headspace.org.au/makespace)

# supporting headspace day 2025

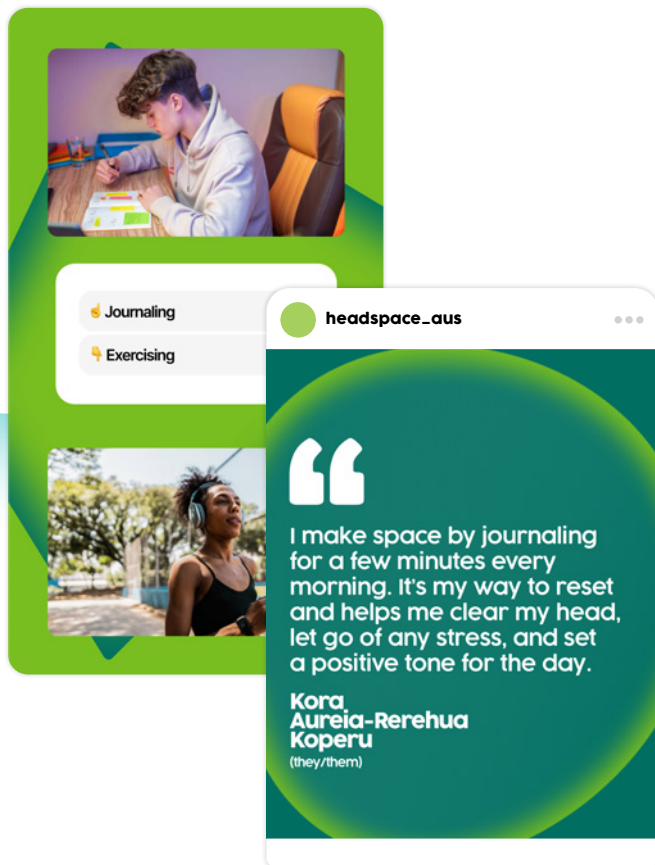
headspace would love your support in bringing headspace day to life. In fact, the support shown by you to young people in helping build their confidence, acknowledging mental health and providing guidance on the ways they can make space is vital.

**Here's some ideas about how you can show your support and raise awareness of youth mental health.**

## collateral

Collateral and images are available to download and use locally.

- Check out our [Partners' Activation webpage](#) to access images and collateral including posters, action plans & digital resources to support mental health and wellbeing.g.



## social media

Social media messages are an easy and visible way to show your support. You'll find images that you can use at [headspace.org.au/makespace/get-involved](https://headspace.org.au/makespace/get-involved).

- Share messages throughout October on your social media channels.
- Encourage young people and their families to share what they do to Pause. Reflect. Reconnect.
- Use [#headspaceday](#) in your Facebook and Instagram posts.
- You can send audiences to [headspace.org.au/makespace](https://headspace.org.au/makespace) for more information.

We've outlined some social posts to help.

### Example social post

I taking some time to make space for the things you love is good for your mental health and wellbeing. That's why we encourage [\[INSERT AUDIENCE E.G. STUDENTS, PLAYERS TO INSERT BEHAVIOUR\]](#), to help them [\[INSERT FEELING\]](#). There are plenty of great tips and things to try. Find out what might be right for you, at [headspace.org.au/makespace](https://headspace.org.au/makespace) [#headspaceday](#)

Behaviour ideas:

- take a break
- connect with country
- be in nature
- exercise
- talk with their friends

Feelings:

- relax
- manage anxiety
- connect with others

Family:

- talk with their friends and family

## supporting headspace day 2025

### newsletter, website, intranet

Help us to help your young people and their families by sharing the information in this pack or information from the headspace website in your **newsletter or via your intranet or website**.

Support us with articles on:

- 7 healthy headspace tips [headspace.org.au/tips](https://headspace.org.au/tips)
- Ways that young people can make space [headspace.org.au/makespace](https://headspace.org.au/makespace)

### take some time to make space

- Write down 3 things your grateful for.
- Take a short walk.
- Share a funny story with someone.
- Take a moment outside.
- Take 1 deep breath.
- Try a game with a family member.
- Cook a meal with someone.
- Find time to slow down.
- Try a new book.
- Listen to your favourite song.



# questions and answers

These questions and answers can be used in your communications that promote headspace day. This might be writing a newsletter article for a local school or sport club, inviting people to events or general social media content.

## What is the purpose of headspace day?

- headspace day is a national day of support for the mental health and wellbeing of all young Australians.
- Today, young people face a unique set of challenges including things like:
  - financial pressure
  - discrimination
  - world events such as conflict and climate change
  - online safety
  - domestic and family violence.
- Young people may experience feelings of stress, anxiety, or hopelessness, and may be unsure how to manage these feelings.
- We want young people to know that when they are making space for themselves they are taking positive steps to build their resilience and their mental health.

## What if a young person is feeling alone or doesn't feel they have support?

- If a young person feels alone and wants to reach out, they can seek help through headspace either face-to-face, online or via phone. Direct them to our website for the full range of contact options:
  - [headspace.org.au](https://headspace.org.au)
  - 1800 650 890
- Encourage young people to find a trusted person in their life like a family member or friend, teacher, coach, Elder etc. to share your challenges is a good first step. Or try reaching out for professional support.

## Who can benefit from focusing on their headspace?

- The [seven tips for a healthy headspace](https://headspace.org.au/makespace) can be used by everyone to help actively support their mental health and wellbeing.
- The practical tips and advice could apply to any young person, parent, a friend, a teacher or any other person who might be having a tough time.
- They can help those who feel disconnected from other people, their study, work, country or culture.
- Try different strategies and activities to find what might work for you. You can find resources at [headspace.org.au](https://headspace.org.au).

## What is some practical advice you can offer to family and friends who want to encourage their young person to actively maintain their mental health and wellbeing?

- Start having conversations about mental health and wellbeing and emphasising it's normal to have ups and downs. Everyone looks after their wellbeing in different ways.
- Learn about the [seven tips for a healthy headspace](https://headspace.org.au/makespace). These can help educate your young person on actions they can take to support their wellbeing.
- Be a role-model, show your young person that you work on your mental health and wellbeing by actively doing some of the seven tips, or creating a family routine.
- For practical tips on how to understand the warning signs for your young person, or for ways to get informed about how to speak with them about mental health and wellbeing, visit: [headspace.org.au/makespace](https://headspace.org.au/makespace).

## questions and answers

### What practical advice can you offer families about young people's social media usage?

- For many people, social media is an important part of their lives. It can help them stay connected, explore interests, and can also be a space for self-expression.
- Like many things, spending too much time on one thing can have a negative impact.
- Social media is one of these things. Spending time on social media can leave us feeling down, overwhelmed, or unable to switch off.
- We might compare ourselves to others, spend less time doing the things that keep us healthy, or experience cyberbullying.
- It's important to remember though, that young people live in one world that includes both physical and online elements. This is a connected world for them, and there is little distinction for a young person.
- Most young people are aware of the downfalls of social media, they are critical of content and know algorithms influence what they see.
- In order to have conversations with young people about social media, it's important for adults to consider and understand how social media works - the positive points about connection and the negative factors such as sexual exploitation, bullying and body image issues.
- Being informed about how your young person uses social media, for what purpose, and how social media works, will enable you to have meaningful conversations. Telling your young person to "just stop" won't provide them with the skills to stay safe when they are online.
- Get some more tips for you and your young person at: [healthier social media relationships](#).

### What is practical advice you can offer to young people who might feel disconnected from study or worried about study?

- For young people in secondary school, suggest and encourage them to:
  - Join a group – drama, music, sport – it doesn't matter what, as long as they enjoy it.
  - Take breaks when studying – kick the footy with their friends or go for a bike ride – 5-10 minutes away from schoolwork can help re-energise them.
  - Scribble, draw or jot down what they are thinking to release some tension.
  - Chat with their siblings or friends about what they do / did at high school if they were feeling anxious or overwhelmed.
- For young people at Uni or TAFE, suggest and encourage them to:
  - See what they can discover along the way – take a different train, bus, tram or walking route to Uni / TAFE, try a new café.
  - Try a change of scenery – take the laptop outside or to the library – try studying in different environments and see what works.
  - Meet up with people when you are doing group work – walk and talk about assignments.
  - No matter what age you are, good sleep patterns help with study too – so try to encourage young people to go to bed at the same time and set that alarm each day at the same time and get up at that time.
  - Regular healthy snacking – fruit, veggie sticks and the occasional chocolate bar – will also help give our body the energy it needs to focus in class, whether that's online or not.
- Some young people can also feel lost when they transition out of Secondary School who choose not to go onto Tertiary study. Year 13, as it's commonly referred to, can be a time where young people feel more disconnected and uncertain about their future. This can increase their risk of poorer mental health outcomes, including suicidality.
- Offer some positive solutions: e.g. Providing routines and opportunities for connection during this time can be helpful for young people.

## questions and answers

### What is practical advice you can offer to young people who are disconnected from school (e.g. school refusal/ school can't) or other systems (e.g. sport, hobbies, work)?

- Find calm moments to talk - Choose times when you're both relaxed to discuss their concerns. Understanding the specific issues - whether it's bullying, academic struggles, teacher conflicts or something else - is the first step to addressing them. You may need to talk several times to get your young person to open up.
- Ask direct questions - Encourage open communication by asking specific questions about their worries. For example, "Are you being bullied?" or "Are you finding the school work too difficult?" This helps pinpoint the problem and shows that you're there to support them.
- Focus on strengths - Help them manage their worries by focusing on their strengths. Encourage positive engagement in daily activities and explore ways to use their strengths to tackle challenges. For example, sharing a remember when story with a young person.
  - "Remember when you really didn't want to join the new basketball team but you went along and now you're great friends with the whole team? I wonder what helped you do that? Do you think you could talk to the team about how they manage their school work?"
- Learn relaxation techniques together - Practice relaxation methods or calming activities grounded in cultural, traditional or faith-based practices to help reduce stress and anxiety. Try doing this before bed or before school. Doing this together can also strengthen your bond.
- Create a collaborative plan - Work together to develop a plan for managing difficult parts of the school day or other activities. This could include strategies for the start of the school day, handling social situations, or dealing with school work.
- Talk to the school - Communicate with the school to create a collaborative plan. A clear, well-understood strategy between the young person, parents, and school can effectively address school refusal.
- Seek professional support if needed - Consider professional help to uncover the underlying reasons for their difficulties with attending school/work and to develop effective strategies for managing their challenges.
- We know the upcoming social media ban may be a relief for many parents/carers, however many young people may feel upset, worried or angry about these changes. [Learn more information about the social media ban.](#)
- For more information visit [strategies to assist with school refusal.](#)



Scan the QR for more tips to support work and study

headspace National Youth Mental Health Foundation is funded by the Australian Government.

